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Homemaker News

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(Digest from Market Basket of May 5, 1939)

BLENDED GREENS

Blends of greens offer a change of flavor and make use of small amounts of different kinds. Any greens of about the same tenderness that combine well in flavor can be mixed. Some good combinations are beets and turnip tops, field cress and spinach, corn salad and mustard greens. Spinach is an exceptionally good mixer. It goes with nearly any greens, but with the strong flavored ones it may be necessary to use from 2 to 5 times as much spinach.

Just which of the many leafy, green vegetables the homemaker serves her family is not especially important, as long as she serves some kind the year around. Certain varieties supply the same minerals and vitamins more economically than others. In spring and early summer, wild greens are to be had. And home gardens can be planted to produce some sort of greens up until the first frost. Beet tops, chard, spinach, mustard, kale, collards, and turnip tops are all on the list of leafy greens.

Watercress, endive, lettuce, and cabbage are old and respected members of the salad family. It may be a new idea to some to use tender, mild-flavored spinach leaves, chopped and uncooked, in salads.

The cooking technique recommended for all greens is "cook as quickly as possible, using little or no water. Use the cooking water if that's possible. And after the water starts to boil, leave the pan uncovered."

Thorough washing through several waters should be the first step in preparation of any greens. Greens should be salted from the beginning of cooking. Cook beet greens and Swiss chard about 10 minutes, spinach, 5 to 8 minutes. Other greens accordingly, until wilted and tender. If stems are included, cooking takes a little longer. The shortest possible cooking period reduces the amount of vitamin loss by heating. Cooking water should be used if possible to save the vitamins and minerals dissolved in it. Leaving the lid off helps to retain green color.

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